

## Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>LETTUCE (continued)</b>					
<b>Lettuce, fresh</b> <i>Leaf</i> <i>Untrimmed</i>	Pound	21.7	1/4 cup raw vegetable pieces	4.7	1 lb AP = 0.66 lb ready-to-serve raw lettuce
	Pound	14.5	1/4 cup raw vegetable pieces with dressing	6.9	
<b>Lettuce, fresh</b> <i>Iceberg</i> <i>Head</i> <i>Cleaned and cored</i> <i>Ready-to-use</i>	Pound	29.2	1/4 cup raw vegetable pieces	3.5	1 lb AP = 1 lb (about 7-1/3 cups) ready-to-serve raw lettuce
<b>Lettuce, fresh</b> <i>Salad mix (mostly</i> <i>Iceberg, some</i> <i>Romaine with</i> <i>shredded Carrot</i> <i>and Red Cabbage)</i>	Pound	26.4	1/4 cup raw vegetable pieces	3.8	1 lb AP = 1 lb (about 6-1/2 cups) ready-to-serve raw lettuce
<b>Lettuce, fresh</b> <i>Mixed greens (equal</i> <i>amounts of Iceberg</i> <i>and Romaine with</i> <i>shredded Carrots</i> <i>and Red Cabbage)</i>	Pound	25.7	1/4 cup raw vegetable pieces	3.9	1 lb AP = 1 lb (about 6-3/8 cups) ready-to-serve raw lettuce
<b>Lettuce, fresh</b> <i>Romaine</i> <i>Untrimmed</i>	Pound	31.3	1/4 cup raw vegetable pieces	3.2	1 lb AP = 0.64 lb ready-to-serve raw lettuce
	Pound	20.9	1/4 cup raw vegetable pieces with dressing	4.8	
<b>LIMES</b>					
<b>Limes, fresh</b> <i>Whole</i>	Pound	3.50	1/4 cup fruit juice	28.6	1 lb AP = 0.47 lb (about 7/8 cup) juice
<b>MALANGA (TARO)</b>					
<b>Malanga (Taro), fresh</b> <i>Whole</i>	Pound	11.2	1/4 cup raw, peeled, diced vegetable	9.0	1 lb AP = 0.89 lb (about 2-3/4 cups) ready-to-cook, peeled, diced taro
	Pound	7.95	1/4 cup peeled, diced, cooked vegetable	12.6	1 lb AP = 1.07 lb (about 1-7/8 cups) cooked, peeled, diced vegetable